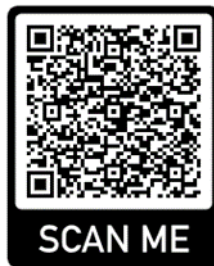


Community Breastfeeding Support – Drop In

Mon (closed Bank Hols)	Appointments* 9.30am / 10.15am / 11am	Wokingham	Wokingham BfN – Brambles Children's Centre, Budes Gardens, RG40 1PX
Mon (closed Bank Hols)	Drop-in 1.30pm – 2.30pm	Shinfield	Wokingham BfN – Red Kite Children's Centre, Chestnut Crescent, Shinfield, RG2 9EJ
1 st & 3 rd Tues	Booking needed* 1.15pm – 2.30pm	Woodley	Wokingham BfN – Ambleside Centre, Ambleside Close, Woodley, Reading RG5 4JJ
Tues	1pm – 3pm	Reading	NCT Bumps & Babies – The Biscuit Factory, RG1 7QE
1 st & 3 rd Tues	Drop-in 10am – 11am	Whitley	Reading BfN – Whitley Children's Centre, 252 Northumberland Avenue, Reading RG2 7QA
Alternate Weds	Appointments* 10am & 10.45am	Winnersh	Wokingham BfN – Rainbow Community Centre, Wokingham, RG41 5SG
Wed	9.30am – 11am	Hungerford	WBC – Hungerford Family Centre, The Croft, Hungerford, RG17 0HY Tel: 01488 682628
1 st Wed of month	10.30am	Reading East	La Leche League - Tutu's Café, Palmer Park RG6 1LF
2 nd & 4 th Weds	Drop in 10am – 11.30am	Reading	Reading BfN – Sun Street Children's Centre, Reading RG1 3JX
3 rd Wed of month	10.30am	Reading West	La Leche League - IKEA Café, Theale, Reading RG31 7SD
Thurs	10am	Newbury	WBC – West Family Hub, Victoria Park, Newbury, RG14 1EH Tel: 01635 31143
Thurs	10am – 12 noon	Wallingford	Wallingford Baby Bar – Ridgeway Community Centre, St. Mary's Street, Wallingford, OX10 0EW wallingfordbabybar@gmail.com
Thurs	1pm (Newbies)	Calcot	WBC – Café Mama, East Family Hub, Curtis Road, Calcot, RG31 4XG Tel: 0118 945 6157
2 nd Friday of month	Appointments* at 9.30am / Drop-in 10am – 11am	Finchampstead	Wokingham BfN – Finchampstead Baptist Church Centre, Gorse Ride North, Finchampstead, RG40 4ES
Friday	Weekly drop in 9.30 – 11.30am	Thatcham	WBC – Central Family Hub, Park Lane, Thatcham RG18 3PG Tel: 01635 503990

The support groups listed above are volunteer run and available for all families who are breastfeeding or wish to breastfeed. You can usually visit with a baby or child of any age but please check before attending that they are running by emailing or looking on Facebook®.

If your baby is under 10 days old, you are still under midwife-led care and can also contact your community midwifery team or Maternity Triage Line **0118 322 7304** for feeding support at any time of day or night.



After discharge from your midwifery care, support and advice can be obtained from your Health Visiting team. Please scan the QR code for details on how to contact them.

Wokingham BfN contact wokingham@breastfeedingnetwork.org.uk

<https://www.facebook.com/profile.php?id=100063358993759>

*For bookings visit: <https://www.eventbrite.co.uk/o/breastfeeding-network-wokingham-service-84243836603>

Reading BfN contact reading@breastfeedingnetwork.org.uk

<https://www.facebook.com/BfNReading>

https://www.instagram.com/bfn_reading/

Video/phone calls can be arranged by contacting the email for your area

NCT – Local area meet ups - for details see

<https://www.facebook.com/ReadingWokinghamBFPS/>

In some areas, local authorities also commission additional services:

West Berkshire Council run their own dedicated breastfeeding support service delivered through the Family Hubs. Free support is available from family support workers by phone and text with face to face help available at drop-ins (**WBC** overleaf). Call **07500 951 014** or email:

Joanne.Roberts@westberks.gov.uk to register for this service or find us on Facebook at

www.facebook.com/WestBerkshireCommunityBreastfeeding

1:1 appointments are also available at all Hubs by arrangement.

Central Family Hub Thatcham 01635 503990

West Family Hub Newbury 01635 31143

East Family Hub Calcot 0118 945 6157

Hungerford Family Centre 01488 682628



The following helplines are run by volunteer supporters and are open 7 days a week.

National Breastfeeding Helpline 0300 100 0212	BfN Supporter Line 0300 100 0210	NCT Breastfeeding Line 0300 330 0700
Association of Breastfeeding Mothers Helpline 0300 330 5453		